Wellness Center West

Hours of Operation: Monday-Saturday 9AM-5PM
Wednesday: 9AM-4PM, Thursday: 9AM-7PM, Sunday

11277 Garden Grove Blvd, Suite 101A, Garden Grove, CA, 92843 *Calendar is subject to changes* Phone: 657-667-6455 Fax: 714-620-7995 rev: 6/27/2022

July 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9-9:50 Icebreaker (LR) 10-10:50 Peer Empowerment (MR/H)-B 10:30-11:50 WRAP (AA/H)-A 11-11:50 Healing & Self-Discovery (MR/H)-B 11-12:50 Crochet & Knitting "Học đan móc len" (LR) 12-12:50 Living and Thriving (AA/H)-A 12-12:50 Emotions Anon (SR/H)-B 1-1:50 Men's Group (AA/H)-A 1-1:50 Women's Group (MR/H)-B 2-2:50 Enlightenment (AA/H)-A 2-2:50 Dual Recovery (MR/H)-B 2:30-3:50 "Nhóm sức mạnh và hy vong" "Viet" Strength & Hope (SR/H)-A 3-3:30 Dance Celebration (LR)	9-9:50 Icebreaker (LR) 10-10:50 Chair / Hatha Yoga (LR) 11-11:50 Anger Management (AA/H)-A 11-11:50 "Kỹ năng sống độc lập" "Viet" Independent Living Skills (MR/H)-B 12-12:50 Tai Chi (LR) 12-12:50 Life Enhancement (MR/H)-A) 1-1:50 8 Dimensions of Wellness (MR/H)-A 1-1:50 Resilient Journey (AA/H)-B 2-2:50 Healing Foods (AA/H)-A 3-4:30 DBSA (MR/H)-A	9-9:50 Icebreaker (LR) 10-10:50 Life Skills (AA/H)-A 10-10:50 Schizophrenia Support (MR) 10:30-12 Simple Snacks (CA) 11-11:50 Our Musical Playground (MR) 12-12:50 Gardening (OS) 12-1:50 Linbrook Bowling (OS) $2.50 1-1:50 Poet's Society (AA/H)-A 1-1:50 Narcotic's Anonymous (MR/H)-B 2-2:50 "Kết nối qua văn nghệ" "Viet" Media & Art Connection (LR) 2-2:50 Art Connections (AA) 2-3:30 Digital Development (CL) 3-3:50 "Kế Hoạch Hành Động Phục Hồi Sức khỏe" "Viet" WRAP (SR/H)-A ***4:00-5:00 The Center is closed.***	9-9:50 Icebreaker (LR) 10-10:50 Philosophy (LR) 10:30-1:50 Social Outing (OS) 11-11:50 Relationships & Communication (MR/H)-A 12-12:50 Beginning Spanish (MR) 12-12:50 Codependents Anon (SR) 1-1:50 Decision Making Employment (AA/H)-A 1-1:50 Reflective Journaling (AA/H)-A 2-2:50 Chair / Hatha Yoga (LR) 3-4:30 Guitar Group (MR) 4:30-6:30 Karaoke (LR)	9-9:50 Icebreaker (LR) 10-10:50 Neighborhood Volunteering 10-10:50 Present Priorities (AA/H)-A 11-11:50 Alcoholics Anonymous (MR) 12-12:50 Short Stories (CL/H)-A 12-12:50 Walk for Wellness (OS) 1-1:50 Supported Education (AA/H)-A 2-2:50 Bingo Bingo! "Chương Trình Lotto" (LR) 3-4:30 Karaoke (LR)	9-9:50 Icebreaker (LR) 10-12:50 Social Outing (OS) 10-10:30 Dance Celebration (LR) 10:30-12 DBSA (AA/H)-A 11-12:50 Movie Club (LR) *12-1:50 Arts & Craft (RC)* 1-1:50 Animal Allies (AA/H)-A 2-2:50 Bingo Bingo! "Chương Trình Lotto" (LR) 3-4:30 Karaoke (LR) --- Room Abbreviations: Art Academy (AA) | Serenity Room (SR) Music Room (MR) | Computer Lab (CL) Culinary Academy (CA) | Resource Corner (RC) Living Room (LR) | Offsite (OS) Hybrid (XX/H)-A or B or C

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Community Meeting (CM) are hosted by MAB in the Living Room. ***Groups scheduled at the same time as CM are shortened to end at 11:30 a.m. for that day.***			**Key:** **Outside Volunteering** **Community Meeting** **Events** **Social outings** ***MUBEE***	1 **10-11a.m. Neighborhood Volunteering** **10a.m. Chat with MAB – T** **11:30- 12p.m. Community Meeting**	2 ***10a.m.- 1p.m. Social Outing*** ***Buena Park Farmer's Market*** 8000-8092 La Palma Ave, Buena Park
4 **JULY 4TH** **(CENTER CLOSED)**	5 **10-11a.m. Hemopets Volunteering** **10:30a.m. Chat with MAB –P** **11:30- 12p.m. Community Meeting**	6 ***12-2p.m. Linbrook Bowling ($2.50)***	7 ***10:30 a.m.- 2 p.m. Social Outing*** **Irvine Spectrum** 670 Spectrum Center Dr., Irvine	**10-11a.m. Volunteering** 8 ***12 - 3 p.m. Bingo Bonanza*** 	9 ***10a.m.- 1p.m. Social Outing*** **Huntington Beach Library** 7111 Talbert Ave, HB
11	12 **10-11 a.m. MAB Meeting** **10-12 p.m. Second Harvest Food Bank Volunteering** **11 a. m. Chat with MAB - A**	13 **10:30a.m. Chat with MAB - A** **11:30- 12 Community Meeting** ***12-2 p.m. Linbrook Bowling ($2.50)***	14 ***10:30 a.m.- 2 p.m. Social Outing*** ***Anaheim Packing District*** 440 S Anaheim Blvd, Anaheim	15 **10-11 a.m. Neighborhood Volunteering** ***10 a.m.-12 p.m.*** ***Weekly Reward:*** ***Sponsored Outing***	16 ***10 a.m.- 1 p.m. Social Outing*** ***Asian Garden Mall*** *9200 Bolsa Ave, Westminster*
18	19 **10-11 a.m. Neighborhood Volunteering**	***12-2 p.m. Ice Cream Social*** ***(no groups during event)*** 20	21 ***10:30 a.m.- 2 p.m. Social Outing*** ***Hilbert Museum of California Art*** 167 N. Atchison St., Orange	**10-11 a.m. Neighborhood Volunteering** 22 **10:30 a.m. Chat with MAB – P** **11:30- 12 Community Meeting**	23 ***10 a.m.- 1 p.m. Social Outing*** ***Gotama Temple*** 905 Orange Ave, Long Beach
25/31 **10 a.m. Chat with MAB - T** **11:30- 12 Community Meeting**	26 **10-11 a.m. Neighborhood Volunteering**	27 ***11 a.m. -12 p.m. MUBEE*** **12 p. m. Chat with MAB - R** ***12-2 p.m. Linbrook Bowling ($2.50)***	28 ***10:30 a.m.- 2 p.m. Social Outing*** OC Zoo ($2) *1 Irvine Park Rd., Orange*	29 ***10 a.m.-12 p.m.*** ***Weekly Reward:*** ***Sponsored Outing***	30 ***10 a.m.- 1 p.m. Social Outing*** **Schabarum Regional Park** 17250 Colima Rd, Rowland Heights

Go to Webex.com to download the app on your computer or mobile device.
Dial in Phone # 1(415) 655-0001. Enter the unique Meeting ID & Meeting Password

Emotional support groups -To aid members with establishing their own ability to cope, understand themselves, connect with others, and address their own recovery goals.
Các nhóm hỗ trợ cảm xúc - Hỗ trợ các thành viên thiết lập khả năng đối phó, hiểu bản thân, kết nối với những người khác và giải quyết các mục tiêu phục hồi của chính họ

8 Dimensions of Wellness / "8 Kích thước của Sức khỏe" - reviews holistic integration of physical, mental, and spiritual well-being; we will explore what fuels the body, engage the mind, and nurtures the spirit to increase awareness and balance to aid you to become the best kind of person that your potentials and circumstances will allow.
Anger Management - Members will use positive thinking while working around triggers; learn coping skills through making change in their behavior by positive choices.
DBSA - (Depression, Bipolar Support Alliance) / "Nhóm Hỗ Trợ Tinh Thần" - DBSA provides hope, help, support, and education to improve the lives of people who have mood disorders.
Relationships & Communication -focuses on the ability to understand, use, and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges, and defuse conflict. It can also help you to connect with your feelings, turn intention into action, and make informed decisions about what matters most to you.
Healing and Self-Discovery- To share knowledge and information with members that will educate and promote understanding within the mental health field including the Psycho-Social Rehabilitation and Recovery Model and Strength Based Models as well as how and why it is important to keep up with our own continuity of care to stay in recovery.
"It's All About You" Men's Group / "Tất cả thuộc về bạn, nhóm nam giới" - This group is an open forum to share ideas, concerns, and solutions specifically towards men. Topics may include masculinity, sports, news, and more.
Life Enhancement- This group aim to help members to improve their self-development and processes wherever they're at with their journey in life. Some topics includes Self-esteem building, Self-worth, Effective Communication, Irrational Guilt, etc. and members will apply CBT techniques for problem solving.
Peer Empowerment – Join Peer Voices of OC in a supportive discussion on how to help peers gain confidence & build resilience to empower yourself & create your own meaning and purpose.
Present Priorities- Without clear priorities, it's difficult to manage your time and make progress on your goals. You might even be overwhelming yourself by trying to take on too many responsibilities. Once you're clear on your priorities, you'll be able to make better and quicker decisions that guide your life choices. Let's talk about those present priorities today!
Resilient Journey- Each journey starts with the first step. This is a supportive group where members empower each other and focuses on strength-based approaches.
Schizophrenia Support Group / "Nhóm hỗ trợ bệnh tâm thần phân liệt" – Following the guidelines of Schizophrenia Alliance, this support group allows members to talk about emotions and experiences and illicit feedback from other participants in a non-judgmental nourishing environment**.**
W.O.W. – "Wisdom Over Worry" Women's Group– This group is an open forum specifically for women from all walks of life to share ideas, concerns, and wisdom from their daily decision making. The focus is to reframe any negative thoughts, excessive worry into positive thinking, feeling, and healthy practices.
W.R.A.P. (Wellness Recovery Action Plan) – Members learn that they can identify what makes them well and use Wellness Tools to relieve difficult feelings and maintain wellness in a higher quality of life.
Kế' Hoach Hãnh Đông Phuc Hô´i Sức Khỏe (Viet WRAP) Các thành viên biết rằng họ có thể xác định những gì làm cho họ khỏe mạnh và sử dụng Công cụ Sức khỏe của riêng họ để giảm bớt cảm giác khó khăn và duy trì sức khỏe trong một cuộc sống chất lượng cao hơn.

Spiritual Groups - Designed to aid members with finding peace and tranquility while addressing overall goals related to their *values and wellness.*
Nhóm Tinh thần - Được thiết kế để hỗ trợ các thành viên tìm kiếm sự bình yên và tĩnh lặng cho cá nhân họ trong khi giải quyết các mục tiêu tổng thể của thành viên liên quan đến các giá trị và sức khỏe

Alcoholics Anonymous (AA)- This 12-Step group provides support and social networking through community involvement while recovering from alcohol abuse/dependence.
Codependents Anonymous-Through peer support individuals learn to share their experience with each other and apply spiritual principles contained in the twelve steps. Members learn to build and maintain healthy nurturing relationships with themselves and with others.
Dual Recovery - An interactive group for members to support each other and share their experiences for overcoming the challenges of mental health and addiction.
Emotions Anonymous (EA)- a twelve-step organization, like Alcoholics Anonymous. People join EA to help themselves better understand their emotions and lead a more manageable life.
Enlightenment- this group helps members gain self-awareness and evolve spiritually; topics include compassion, forgiveness, hope, joy, hospitality, etc.
Nhóm sức mạnh và hy vong (Vietnamese Strength & Hope) This group encourages participants to mindfully examine their daily decision-making routines and class encourages members to explore and engage in something new/different each week (different topics/inspirations each week)
Philosophy / "Triết học"- To help members develop solutions to problems. Members will improve communication skills, develop persuasive skills, and understand the beliefs of other through dialogue sharing.
The Poet's Society / **"Hội nhà thơ"** Explore why poetry is important and practice the craft of writing poetry.

Social Groups- Provide our members with the opportunity to establish and maintain healthy, positive, and lasting relationships with their friends and families while addressing overall member goals related to *indoor recreation and community involvement.*
Nhóm xã hội- Cung cấp cho các thành viên của chúng tôi cơ hội thiết lập và duy trì các mối quan hệ lành mạnh, tích cực và lâu dài với bạn bè và gia đình của họ trong khi giải quyết các mục tiêu tổng thể của thành viên liên quan đến giải trí trong nhà và sự tham gia của cộng đồng

Animal Allies– Members will talk about their pets, stories in the news, nature articles, anything about animals.
Beginning Spanish / "Bắt đầu tiếng Tây Ban Nha" - Members learn basic and conversational Spanish. Completion of this class will add to member's life skills, cultural understanding, and language proficiency on their resume upon seeking employment/volunteering opportunities.
Breakfast Club – Join the WCW for food, friends, and fun at our weekly themed breakfasts.
Community Meeting "Họp cộng đồng"– This important weekly meeting is for all members to learn more about the center as they get updates on the center, different activities and groups, and events that are going on in the community. Members also get to meet the staff and interact with them.
Decision Making Employment / "Ra Quyết định Việc làm" - This group includes a series of topics requiring active participation and will cover personal assessment of previous work experience; a decision tree to aid in the discovery of career goals, possible further education plan, master application, resume, cover letter, follow up thank letter, telephone etiquette, and professional interview practice.
Digital Development Workshops - Will involve being in the computer lab to apply, research, and work preparations. Get personalized support from staff to achieve your education & employment goals.
Icebreakers -Members will gather to discuss their day and plans for the daily events at the center. Get to know each other in a light-hearted setting.
Kết nối qua văn nghệ "Viet Media Art Connection"- Thời gian tương tác thú vị để chia sẻ thơ và truyện ngụ ngôn từ khắp nơi trên thế giới. Interactive time to share music and art from around the world.
Kỹ năng sống độc lập "Viet Independent Living Skills" - Các thành viên sẽ học cách kiểm tra các lựa chọn thay thế và đưa ra quyết định sáng suốt và định hướng cuộc sống của chính họ. Members will learn how to have the ability to examine alternatives and make inform decisions and direct their own lives.
Life Skills- Members learn new skills and ideas that will help add quality to their life and share their own wisdom among group discussion. Life skills include ways to manage time productively, shop wisely and budget effectively; as well as organizing, housekeeping, care maintenance, and more!
Living & Thriving / "Sống & Phát triển" - This class provides support to members and helps enhance their basic financial skills on budgeting, grocery shopping, housing, etc.
Movie Club / "xem phim" - Members enjoy watching movies at the center. Members are encouraged to discuss their thoughts about these movies afterwards.
MUBEE (Members United for Better Education & Employment)- Join our MAB Officers in a discussion about opportunities, resources and success stories in employment/education.
Open Socialization- Enjoy a board game, lively discussion, or other fun activity with your fellow members unstructured by a group.
Reflective Journaling / "Ghi nhật ký phản chiếu" - Reflective journaling provides a channel of inner communication that connects beliefs, feelings and actions which allows us to develop our knowledge and understanding of life experiences. This creates effective learning conditions that result in self-discovery. We look forward to sharing this activity with you this week.
Short Stories / "Truyện ngắn" – Members can flex their creative writing muscles in this collegial and encouraging group. Share ideas, take feedback, and improve your writing style with us.
Social Outing / "Viet" Outing- (DI SINH HOẠT) – This group offers an opportunity for members to try something different, have fun, and meet new people in the community!
Supported Education / "Hỗ trợ Giáo dục" -This group is used to learn about local options for continuing education and enriching our knowledge, opportunities in life, and so much more.
Wellness Idol Karaoke / "Karaoke thần tượng sức khỏe" – Members share their love for singing and connect with others through music from a variety of genres. No singing skills required.

Physical Groups- Designed to promote the ability to achieve a healthy quality of life, while addressing member goals related to physical health, nutrition, and overall well-being
Nhóm Thể chất- Được thiết kế để thúc đẩy khả năng đạt được chất lượng cuộc sống lành mạnh, đồng thời giải quyết các mục tiêu tổng thể của thành viên liên quan đến sức khỏe thể chất, dinh dưỡng và hạnh phúc tổng thể

Art Connections/Creative Beading & Crafts "Kết nối nghệ thuật / Đính cườm & Thủ công mỹ nghệ sáng tạo" -helps develop motor skills, exercise both sides of the brain; left-logical and right-creativity. Helps us to concentrate and focus on being creative and distract us from problems while creating a wonderful piece of art.
Bingo "Chương Trình Lotto" - Members are invited to participate and enjoy a game of chance played with randomly drawn numbers matched against numbers printed on 5×5 cards.
Chair & Hatha Yoga / "Ghế & Hatha Yoga" – Members learn to create balance in one's body through developing both core strength, flexibility, and breathing. Controlling breath can help improve oxygenation of the body and alleviate stress in some forms. Other elements of Hatha yoga also help with relaxing the body and fighting the stresses of the modern world.
Crochet & Knitting / "Học đan móc len"- Members learn the process of creating fabric by interlocking loops of yarn, thread, or strands of other materials using a crochet hook. This class enhances members' ability to have better focus and concentration and provides relaxation away from their busy schedule. Members learn the basic techniques for knitting and help alleviate symptoms of anxiety, stress, and depression. Knitting also helps improve motor functions, slows cognitive decline, and prevents arthritis and tendinitis.
Dance Celebration (formerly Dance Fitness) - To bring joy and exercise through movement and self-expression. The group will also promote socialization and increase self-confidence. Freeform dance listening to curated playlists and introductory dance steps via instruction from YouTube videos.
Gardening (làm vườn) – This class integrates the "garden" into our human culture and civilization. This class teaches members about gardening, agriculture, and how to take care of our natural resources. Members will enjoy outdoor time, work collaboratively among other members, and get their daily dose of Vitamin D.
Guitar Group – Jam out with peers, learn something new and express yourself musically with our six-stringed instruments. Limited guitars available, bring your own if possible.
Healing Foods- Members will explore the philosophy, tips and tricks and practical matters of eating for wellness.
Our Musical Playground / "Sân chơi âm nhạc của chúng tôi" - Engages members to develop their own sense of musical rhythm and creativity while experiencing principles of cooperation and contribution to the group effort.
Neighborhood Volunteering- Sinh Hoạt Thiện Nguyện" (WU) - Members will join staff in a daily community giveback activity and have fun while doing it!
Simple Snacks/Easy Cooking / "Nấu ăn dễ dàng" – this class will guide members how to prepare meals on a budget while still being mindful about eating healthy. Participants will learn how to cook & bake easy recipes, receive peer tips and feedback in group sharing on healthy frugal practices.
Tai Chi - The purpose of this class is to teach internal Chinese Martial Arts practiced for both its defense training and its health benefits. The movement of Tai Chi can help to bring about a state of mental calm and clarity in addition to general health benefits and stress management.
Walk 4 Wellness (nhóm đi bộ) – Members can explore local trails, lakes, parks, and beaches in Orange County while learning the benefits of walking.